

Life Assurance for the Poor.

By J. RIDLEY SHIELD. See page 260.

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EDITED BY DR. ANDREW WILSON, F.R.S.E. &C.

VOL. XI.—No. 277.

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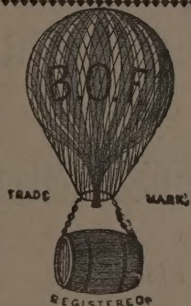
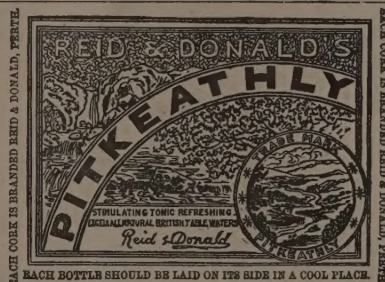
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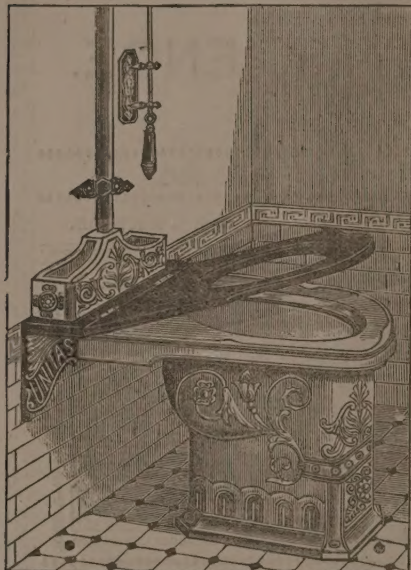
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EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

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Notes by the Way

BY THE EDITOR.

"Health is the foundation of all our physical happiness."—Herder.

My vegetarian friends, who have always been given so persistently to inform the world that vegetarians are remarkably exempt from cancer especially, and who, in addition, are never weary of telling us that devotion to flesh meat is a cause of cancer, should peruse the remarks of Surgeon-Major Hendley, resident surgeon at Jeypore, who writes to the *British Medical Journal* in reference to a statement made in that periodical of date, April 7th, 1888. The statement in question runs as follows: "M. Reclus has shown that cancer was all but unknown among the persons whose food was exclusively vegetable. M. Verneuil also believed that the increase of cancer was largely due to the carnivorous habits of diet of the present generation."

Now, says Dr. Hendley, "The records of the Mayo Hospital at Jeypore, which is under my charge, show no such immunity of vegetarians from cancer. From January, 1880, to the present date, 102 major operations have been performed in the hospital in cases of cancer. Of these, 41 were on the persons of meat-eaters, and 61 on those of strict vegetarians who had never eaten meat since their birth. In India, where caste rules are exceedingly rigid, the fact that the latter were true

vegetarians is capable of absolute proof. Amongst them are six Saraogis, a class of Jains who even reject many kinds of vegetables. Three of these Saraogis suffered from cancer of the breast. Out of 102 cases there were three deaths attributable to the operation. There is no information available as to recurrence, or the contrary.

"The cases were divided as follows: Cancer of breast, 20; tongue or lips, 8; head and face, 17; upper extremity, 11; lower extremity, 8; trunk, 18; reproductive organs, 17; glands, 3. There were 62 males and 40 females, a large proportion of the latter in a country where the *purdah* system is in force. The maximum age was 70 years; the minimum, 18 years; the average, 43 years. Now, as to the increase of cancer dealt with by operation in hospitals, we cannot, I think, come to any other conclusion than that few cases now escape the surgeon; whereas, in pre-chloroform days, or even for some time after anæsthetics were in general use, a great number of sufferers preferred to drag out a weary existence unrelieved rather than submit to the knife, accompanied as it was, in truth or in imagination, by great pain."

The new melinite shells to be used in the wars of the future seem to be projectiles of a very dangerous class. It is pitiable to think that the energies of many persons are devoted day by day to the invention of means for slaying their fellows in the most effective manner. But until wars cease, and the ambitions of kings and statesmen become modified, I suppose war and slaughter will continue to form the adjuncts of even the highest civilization. It appears that some seventeen patients were killed or wounded by the explosion of a shell charged with the new explosive, melinite, in the arsenal at Belfort, in March, 1887. Only six recovered from their injuries, the remainder succumbing either to severe damage to the head, trunk, bones, or blood-vessels, or to septic changes. The authorities believed that the explosion was due to chemical change in the compound with which the shell was charged.

In war, freshly-laden shells would be expected to produce yet more violent effects. The patients, says the account quoted, mostly presented characteristic appearances. There were multiple, deep, very narrow wounds of the soft parts, caused by the entry of minute cubical fragments of shell, and in the depths of the wound the raw surface appeared as though tattooed with minute particles of foreign matter, as in gunpowder explosions. The injuries to bones were markedly localized, epiphyses

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being in some cases shattered without fissure of the shaft. The chief peculiarity was the presence of an intense yellow discoloration of the skin in every case, communicated to the patient's linen. The fragments extracted from the wounds appeared to be metallic splinters from the shell; no melinite nor any other chemical compound could be detected, nor did the patients who recovered exhibit any symptoms of the absorption of a chemical poison.

◆ ◆ ◆

A CORRESPONDENT writes to a contemporary from Sydney (New South Wales) regarding consumption in Australia. He says:—The propriety of sending consumptive patients to the Australian colonies is a question which the medical profession in England must necessarily take great interest in. I therefore venture to enclose an article from the Melbourne *Age* of March 3rd bearing upon the subject. I am not a medical man, but from my experience of the climate here and in Victoria, especially near the coast, I should say there is not a more treacherous country in the world. It is most common for the thermometer to show variations in the temperature within a couple of hours of from 40 degs. to 50 degs. The article from the *Age* deals with the proposed consumption hospital for Melbourne, and points out the urgent need for it, owing to the rapid increase of the disease in the colony of Victoria. The above facts are already well known to us. Consumption is common in Australia, and is increasing with rapid strides.

◆ ◆ ◆

THE idea that the Australian climate is in general either a sure prophylactic or a certain cure for the disease is a common but baseless error. It is, in point of fact, an unpardonable looseness of speech to deal with the climate of Australia as a definite and invariable entity. There are many climates in Australia—coast, mountain, plain, and desert; and some of them, especially the coast climate—to which, unhappily, for obvious reasons, the consumptive too commonly resorts—are most injurious in chest affections. On the other hand, the reputation won by Australia in the treatment of consumption is not a myth or a mistake. Many parts of the interior have an admirable climate—dry, bright, sunny, exhilarating, and fairly equable; the chief drawback being the hot summer. The other seasons are delightful, and the consumptive who goes inland to one of the sheep “stations,” and lives the primitive out-door life which there prevails, stands a good chance of recovery, or, at least, of a great prolongation of life.

◆ ◆ ◆

I OBSERVE that the International Hygienic Society has arranged to open in the West-end, next week, two buildings for the accommodation of lady visitors to London who may desire to have parcels left for them or a place where they may meet female relatives or friends. In this respect the metropolis is worse off than any other European capital save St. Petersburg. Already the society has opened numerous establishments of a similar class in Berlin and Hamburg, where they are found to be very useful. The Duke of Westminster, who has taken a great interest in the movement, kindly gave the sites for the two new kiosks, free of cost. One is situated at 81, Park-street, and the other at 4, Grosvenor-street. The internal arrangements are as light and commodious as the space would allow. Tea and coffee can be supplied, and waiting rooms are provided; but the directors will not allow letters to be received at them. The society is making arrangements to extend this system of kiosks to different parts of the metropolis.

Original Essays

“Life is not to live, but to be well.”—*Martial*.

FOUL FEEDERS.

BY DR. W. CURRAN.

AFTER describing a pomatum of pheasants' eggs which the women of the Chinese imperial harem used for the purpose of smoothing their hair and imparting to it a peculiar lustre or brilliancy, M. Huc says (“*Travels in Tartary*,” &c., vol. i., p. 224) that “Europeans may consider this pomatum very nasty and disgusting, but beauty and ugliness, the nice and the nasty, are, as everybody knows, altogether relative and conventional matters, upon which the various nations that inhabit this earth have ideas the remotest from uniform,” and nowhere, perhaps, is this diversity of tastes so conspicuous as in the latitude of the kitchen. That is true all the world over, as we shall find as we advance, and the old saying that “what's one man's meat is another man's poison” is as true and applicable now as it was a hundred or even a thousand years since. This is a matter of daily observation, as well as of common domestic acceptance and occurrence amongst us, and it is as much the rule among savages as it is amongst civilized men. Thus, the inhabitants of Seistan “regard,” as General Ferrier, “*Caravan Journeys*,” p. 279 (?), tells us, “the green stalks of the assafoetida, preserved in salt water, a great delicacy,” the inhabitants of the Friendly Islands “esteem (Cooke's “*Universal Geography*,” vol. i., p. 82) a species of lizard they have as a dainty food.” Salt water* is, or was, the universal sauce in the South Sea Islands, and

“A thousand more such illustrations
Might be obtained from various nations.”

This being confessedly so, while there is avowedly no accounting for taste anywhere, we need not be surprised at what we hear in this connection from travellers, or at what we may observe ourselves at home or abroad. I have already given many examples or illustrations of this kind myself, as well during sieges as after shipwrecks and other straits or vicissitudes of that kind, and I need only again refer to certain Indian experiences of mine, to point to the depravity of our common nature, and show that man can, under circumstances of this kind, lay aside his squeamishness, and take such substances for food as might otherwise create an insuperable distaste, and even an invincible loathing.

But men are as often foul feeders from choice as they are from necessity, as we shall see further on; and to show this by such examples in point as I have been able to collect, will be the main object of this little essay. Another of its aims will be to show that substances which we regard as useless or worse are eaten with avidity by our congeners abroad. If things go on as at present, and if the struggle for life becomes, as it is likely to become, more intense than it is just now, it may be necessary for us all to look beyond the market garden and the prize-pen for such supplies as may fill the stomachs, though they may not gladden the hearts, of our famishing poor.

It is not easy to find examples of this kind of “foul feeding” among individuals, for they are concealed or

* “The Otaheitanians had no sauce but salt water” (“*Hawkesworth's Discoveries*,” vol. i., pp. 483-4, and vol. ii., pp. 196-9). “Salt water was the universal sauce.”

ignored by friends, or set down to such ill-defined conditions as chlorosis, hysteria, or idiosyncrasy. We must, therefore, look for our illustrations to whole tribes or peoples rather than to units of any kind, and we must also distinguish those who, however foul or depraved their taste may be, yet resort to some kind of culinary preparation of the food they consume. Then, again, it will be necessary to draw some distinction between those who feed on ferns, fruits, roots, and other cleanly herbs or simples, from those who go in for garbage pure and simple; as well as between those who prefer putrid or stinking substances to others of like character that are not so tainted; and we need in neither case assume or encroach on the provinces of the physician or the surgeon. We may assume that no man—however debased he may be—will continue to eat from choice an article or a thing that habitually disagrees with him. We may take it, on the other hand, that the substance—however objectionable or disagreeable it may appear to us—that agrees with him is suited to his digestion and vitality; for, as Bob Fudge once said to his crony:—

“O Dick! you may talk of your writing and reading,
Your logic and Greek, but there's nothing like feeding.”*

And food of some kind or other we must all have.

Describing the foray of the Tartar chief, Krim Ghirai, into Southern Russia, in 1769, De Tott says (Creasy's "History of the Ottoman Turks," vol. ii., pp. 215-16) that "their food was meat sodden and bruised between the saddle and the horse's back, a mess of fermented mare's milk, smoked horse-hams, caviare, boutaigne, and other Tartar aliments." Captain Lewin tells us that "the people of Spiti carry about the mass of dough of which their food chiefly consists in the lining of the coat next the skin—they have no undergarments—until dinner-time, when it is brought out, and in this soppy, saturated state, eaten." "No animal food comes amiss," says General Fytche ("Burma," vol. i., p. 332), "with the Karens; they eat eagerly such vermin as rats and reptiles, snakes and lizards"; and their neighbours, the Chinese, who are under no restraint as to the articles of their cuisine, in Batavia, "eat," says Cook ("Hawkesworth's Voyages," vol. iii., p. 76), "besides pork, dogs, cats, frogs, lizards, serpents of many kinds, they also eat many vegetables which a European, except he was perishing of hunger, would never touch"; and they eat, in short, according to Bowring, "anything and everything from which they can derive any nutriment: dogs, rats, monkeys, rotten eggs, putrified fish, unhatched ducks and chickens." Nothing, indeed, comes amiss to them, and, to crown all, Moore adds, in his "Hindu Pantheon," p. 140, that John Chinaman will actually "pick the lice off his garments and eat them."

"The New Zealanders eat," according to Dr. Thomson ("The Story of New Zealand," p. 83), "food civilized men abhor from the disgusting associations its smell suggests to the imagination." "The flesh of rats and native dogs was highly relished by them (ibid., vol. i., p. 155). Some of the males of the latter were castrated to increase their size and improve the flavour of their flesh. Killing a dog in a village was an important event, and portions of the flesh were sent

round as presents." And it is really astonishing how widely-diffused this practice of dog-eating either once was or now is. I have already shown its prevalence—indeed, universality—among the South Sea Islanders in the days of Cook, who speaks of the flavour of young dog as not unlike that of lamb. "A favourite festival dish with the Kumis of Chittagong is," says Captain Lewin ("The Wild Races of South Eastern India," p. 230), "a dog stuffed with rice." "Dog's flesh is," says Schweinfürth ("The Heart of Africa," vol. ii., p. 16), "one of the choicest delicacies of the Niani Niani"; and scores of similar instances might be adduced in favour of this item and of this view, did our case so require. But it does not, and we know, on the authority of Motley and others, that "while the Earl of Derby was being feasted at the Court of Henry III., the inhabitants of Brussels, Antwerp, Mechlin, &c., were eating rats and cats and dogs, the weeds from the pavements, and the grass from the churchyards"; and so was it, also, to some extent, in Paris in our own days.

The "Tahkalis—a North American Indian tribe—like," according to the Abbé Domenech ("The Great Deserts of North America," vol. ii., p. 311) "oily and decayed substances. They only eat the flesh of quadrupeds or fish when it is in a state of complete putrefaction, and we are told," he adds, "of a wild tribe who, in boiling their wild rice to eat, mix with it the excrements of rabbits, and esteem this ingredient a delicacy." "The Samoids" (so Simmons tells us), "indulge in shockingly coarse food." So do the Greenlanders, who "eat half putrid seal with the keenest appetite," and the Indian tribes of Oregon, "prefer," according to Pavy, "their meat putrid and frequently keep it until it smells so strong as to be disgusting. They bury parts of their salmon for two or three months to putrify, and the more it is decayed the greater delicacy they consider it." Here is high life below stairs with a vengeance, and who will after this look up to Lord Tom Noddy or the Duke of Omnium for guidance in his culinary arrangements? Rather should we look, in these hard days, to those who go in so freely for the products of the fields that surround their dwellings, and are content with what nature provides so spontaneously for them at their own doors; and as to those products of the chase we hear so much of in certain sporting circles, while "rats, moles, squirrels, snakes, &c., &c., are eaten" ("Travels of Mungo Park," p. 62) with avidity by the highest and lowest among the Mandingos of Central Africa. "The putrefying remnant of a lion's feast, which lies in the obscurity of the forest, and is, says Schweinfürth, (Op. Cet., vol. i., p. 274) only revealed by the kites and vultures circling in the air above, is," he continues, "to them (the tribes he visited) a welcome discovery."

Then again, if economy be our chief object, why not cultivate the now almost forgotten art of eating our food all natural, that is raw, as we are told by Captain Parker Snow and others the Fuegians and Patagonians do theirs. An old traveller tells us that the "highest dainty an Ethiopian can give his guest is a piece of raw beef, brought in reeking from the beast," and a return to this primitive and not uncleanly habit would save us a good deal in the matter of spits, coals, kitchen ranges, pokers, &c. Again, the Hottentots "look, we are told, upon the entrails of cattle, boiled in their own blood, as a glorious dish," and "the entrails of animals, as among the Burmese, are," says Dr. Anderson ("Mandalay to Momien," p. 300) "much used in their cuisine. A very fair soup, made of the intestines of fowls, was a favourite dish with the Hotha Isawba (head man) who insisted,

* "The height of happiness (says an able writer)—we say it advisedly, yet knowing the contempt which must overwhelm us—it is true, oh! philosopher; it is true, dear lady, with strong mind and spectacles, wearer of Cerulean hose, the height of happiness was eating and drinking. Deal with us gently, sour ascetics and stern divines, abhorring the carnal, and corpulent, virtuous magistrates, who sit in judgment on miserable creatures driven into sin by starvation—*expertis credite*."

when dining with us, on substituting it for our soup, which he did not approve of."

Verily, there is no accounting for taste in the culinary art as in other walks or ways of life, and if he who could make two blades of grass take the place of one deserved the praise of his brethren, I may, I think, not unfairly claim some credit for having thus ventured, however feebly or imperfectly, to call attention to practices, supplies, or institutions that minister so largely to the wants of our brethren beyond sea. Whether any of them, and if so which, might be introduced or restored amongst us is not for me to say. I am simply the historian rather than the critic of the savage or semi-civilized larder and cooking-pot, and if any illustrations may be drawn from these whereby the "kitchen" of our own miserable poor may be enlarged or improved, I am, I submit, justified, nay called upon, to draw them. This is the spirit in which I write. Such is the object I had in view in compiling this little paper, and no excuse need be made in these hard days for pointing the moral of it by means of a quotation from an American source.

"What is the reason, reader, can you guess,
That men are poor and women thinner?
So much do *they*—the ladies—for dinner dress,
That nothing's left to dress for dinner."

LIFE ASSURANCE FOR THE POOR.

By J. RIDLEY SHIELD.

It would almost seem as though an apology were needed for dealing with a subject so much written upon as Life Assurance; but it is a subject of many sides, and the more frequently the public have it thrust before them, the more chance there is of working it into the lives of those whom it will most benefit—the poor.

The term "poor" is a relative one, and the man who dines every day at his club, and spends a small fortune on the trifles of life, is regarded by a certain class of society as merely existing, and uninterestingly poor. It is not to such poverty as this that we would appeal, nor is it for those whose unearned incomes make work a question of choice, that Life Assurance is so essential. Let us classify as poor all those who must toil every day so that they and theirs may subsist.

Those who benefit most by insuring their lives are those who, work how they will, and struggle as they may, can hardly hope to save money except after years of labour, whose incomes have no margin above the necessities of life. If success and fortune come at all they will come in the future, and it is to make provision for that terribly unknown gap between the present and the future that we would urge all those whose incomes depend upon their health to insure.

Health means so much. To the wealthy it is an equivalent for capacity to enjoy, to the well-to-do it promises pleasure in its most tempting form; but to those we speak of as poor it means everything that is necessary for bare existence, the comfort of one's family, the future of one's children, and the very position which we hold before our fellow men.

Man is too prone to regard himself as immortal, too prone to think that because things are subject to certain conditions to-day the conditions themselves will be unaltered to-morrow. So life drifts on, and although A sees B well to-day and gone to-morrow, he never takes the lesson to heart. Let us remember

"Into each life some rain must fall,
Some days must be dark and dreary."

And there are very few lives which escape, from their

early days to their close, without either—some serious illness or some warning that their health is not what it was.

All this uncertainty in life makes it incumbent upon those who realize the advantages of insurance to lose no opportunity and spare no effort of bringing it home to that class which takes no thought for the morrow until it be too late.

The object, as already mentioned, is to provide against either the ill-health of the insurer, or the want of those the insurer may leave behind. The former object is attained in an infinity of cases by insuring for a sum which is to be paid to the insurer himself at a certain age, the latter by insuring in the more usual way for a sum which is not payable until after the death of the assured.

It is a fact worthy of note, which experience proves, that it is of rare occurrence for a man to insure his life without being thrifty in other ways. The self-denial for the one purpose bears fruit, and results, more often than not, in a tone of economy which pervades a man's whole nature. It has a moral effect more real than apparent, and it is not without considerable sacrifice that many lives are insured: sacrifices all the more worthy because the reward is not to the insurer—and often not to come in his own time—but is for those who are dependent upon him, and who receive the benefit when the one who worked for it is past all work.

It has already been pointed out that the gain of insurance is to guard against the failure of health or premature death, but it may be fairly said that Life Assurance in itself has a most beneficial influence upon individual health. Nothing is so detrimental to physical well-being as worry, and there is no more fruitful source of worry amongst working men, either of the brain or hand, than the fear that ill-health is creeping upon them, or that, if taken away before they have time to save, there is no provision for wife and child.

"Brutus is wise, and were he not in health
He would embrace the means to come by it."

It is not in us to command health; but we may at all events attain that calm and even frame of mind which is such a mainstay of any stock of health we possess by insurance. For a man who is insured can feel—and honestly, too—that, come what may, there is something either for his own old age or for those he may leave dependent upon him. And it must be an additional comfort to feel that this is the result of a careful system of self-denial, which has for its end a safe and an excellent investment.

THE COST OF INFECTIOUS DISEASE.—We are glad to see our contemporary the *Echo* directing the attention of its readers to the costliness of the epidemic of scarlet fever in connection with a letter from the Local Government Board to the Metropolitan Asylums Board, promising to issue an order authorising the expenditure of the sum of £31,038 6s. 6d., on the provision of additional accommodation for fever patients during the recent epidemic, and stating that the order will also provide for the raising of a loan of £10,393 1s. 11d. in respect of expenditure on huts and pavilions at the North-Western Hospital, and a further loan of £12,514 for the extra furnishing. As the public intelligence on this subject is quickened by having such bills to pay from time to time, it will gradually come to appreciate preventive medicine, and those who advocate and administer it.

"LIKE BEGETS LIKE."

BY DR. E. J. DUNGATE.

SEVENTEENTH PAPER.

ASTHMA is sometimes hereditary. Piorry, referring to some statistical researches which he made, says that out of thirty-two cases which had entered a certain French hospital, he discovered that in twenty-two the disease had been inherited from parents. Sir Henry Holland says that he had known the complaint to occur in four successive generations; and it had often occurred so frequently in the same family as to leave no doubt that there must be some common cause for the occurrence. That troublesome complaint, hay-fever, often runs in families. Wyman shows that, in his experience, heredity could be traced in twenty per cent. Beard traced it in thirty-three per cent. Sir Morell Mackenzie says: "Out of my sixty-one cases, in twenty-seven one or more near relatives had suffered in the previous generation. I have also several times treated a father and his children at the same time."

An hereditary tendency to quinsy is very common. Dr. Whitehead says: "I attend a married lady, twenty-seven years of age, who for several years has had at least two attacks annually of this kind (viz., of quinsy); her father and his sister are subject to frequent attacks of the same complaint, and two of her cousins, the daughters of her father's sister, are in like manner affected."

Van Swieten says: "The celebrated Boerhaave used to tell his audience that he knew a certain family in whom all the children, at a particular age, were troubled with the jaundice, and at length the disorder, yielding to no remedies, destroyed them with the dropsy." Rouge-mont remarks, and it is proved from very good testimony, that the children of parents who have died from dropsy also became dropsical at a certain age.

Before the Medical Society of London in April, 1886, Dr. S. West showed a case of hereditary tremors. The tremors affected all the limbs, but more particularly the hands. The patient was fifty years of age, and had nine brothers and sisters, all of them more or less troubled with the same complaint. His mother and grandmother were subject to tremors, and some of his children were similarly affected.

A proclivity to tetanus is occasionally inherited. Among negroes there is a great tendency thereto, both with children and adults. Dr. Hutchinson, in his "Pedigree of Disease," says that in English practice he met several cases where an inherited proclivity was implied. "A man, who looked well, walked into my room as an out-patient at the Metropolitan Free Hospital, and gave me his own diagnosis by declaring that he was going to have lock-jaw. I found that he had recently had a slight wound on one hand, and that he was beginning to feel some stiffness of his jaws. His symptoms, however, were exceedingly slight, and his anxiety was caused by the fact that his father had died of tetanus. The poor fellow's foreboding was rapidly realized, and he died within a week."

Hæmophilia, or a tendency to bleeding, is notable for its transmission. An extraordinary example of this is recorded in the "Cyclopædia of Practical Medicine." "The parents had never been subject to hæmorrhage, and the father, Ernest P., was living in good health in his eighty-sixth year at the time of the publication of the narrative. The couple had twelve children, five sons and seven daughters, of whom three boys and one girl died of hæmorrhage. Their youngest daughter, who never suffered from the disease, married a stout, healthy man, and had six children, four boys and two girls, of

whom three boys died of hæmorrhage. There is no trace of any member of the family, either on the male or female side, anterior to the children of Ernest P., being affected with the disease." In some instances, the first appearance of an hereditary disease is explicable; but here no cause whatever could be assigned. A celebrated case has been associated with the village of Tenna, in Switzerland. In 1855, when Grandidier drew attention to the subject, there were twenty bleeders among a population of one hundred and sixty-five. The researches of Dr. Hoessli proved that they were all descended from a very remote ancestor named Walther.

A peculiarity of hæmophilia is that it attacks the males of a family in preference to the females, and this is shown in the example given above. A "leader" in the *British Medical Journal* for April, 1884, says: "Sisters of 'bleeders,' marrying, have been repeatedly found to become the mothers of boys who were 'bleeders,' like their uncles; and of girls who were not 'bleeders,' but who bore male 'bleeders' after marriage, and female children who perpetuated by marriage the disease from which they were personally free." From all evidence, it is clear that hæmophilia is more frequently transmitted by women than by men, and yet it is much more common among men. Gentrac gives the proportion as 7 to 1; Wickham Legg says 11 to 1; and Eichhorst found it to be 12.7 to 1.

In heart disease it is always necessary to inquire into family history. The family tendency is often shown in disease of the muscular walls of the heart. Lancesius noticed an enlargement of the right chambers of the heart in a man whose father, grandfather, and great-grandfather were all known to have had the same peculiar structure of the organ.

One would scarcely think that such a complaint as hæmorrhoids could be hereditary; yet, according to Hoffman, it is so. He says that he saw a child aged five afflicted with this disease, and it was clearly hereditary. Lentilus, too, speaks of a child only nine years of age, who suffered from the same cause.

Liability to rickets, or, as the Germans call it, "Die englische Kraukheit," must be regarded as hereditary. In the Brighton Museum there is (or was) the skeleton of a man who had suffered from a disease called *mollities ossium*—a disease in which the bones are very weak, so that they are subject to bending, and sometimes both bending and fracture. This man had many fractures, and partly on account of the broken surfaces being badly united, and partly on account of the bending of the bones, he had lost about two feet in stature. His children were all deformed by rickets. Dr. Whitehead observes that the tendency to rickets is often easily traced to some morbid condition in the parents. He mentions a case which had been under his notice some years. "The taint exists in the mother, a woman remarkably strong and energetic, of full habit of body, ruddy complexion, and in excellent health; but her bones and joints exhibit signs of the previously-existing malady. All the children, four in number, are rachitic, and two have died of "hydrocephalus," or water-on-the-brain. The disposition to hydrocephalus is also sometimes hereditary. Dr. Adams, in his "Hereditary Peculiarities," mentions that he knew a family of several children with a disposition to acute hydrocephalus. "Three were seized with the disease about the age of puberty, and in all the rapidity was so great, that the most powerful remedies seemed scarcely sufficient to protract the fatal issue. Those who escaped that age have continued free from the complaint."

Personal Health

"Be timely wise;
With health all taste of pleasure flies."—Gay.

A CHAT ABOUT SOAPS.

THE value of soaps is sufficiently attested by the fact that they have been used for 2,000 years, and still hold a foremost place in domestic economy. We use them many times every day, and their mode of manufacture and manner of cleansing are matters of much interest.

There are three kinds of oils, vegetable, animal, and mineral; and it is the first two that may be used to make a soap, for the last does not saponify. When an oil and an alkali (as soda or potash) are mixed together, the oil is split up into glycerine and a fatty acid, the latter combining with the soda or potash to make soap. If there be an excess of oil present, the soap soon loses its lathering properties, and a cake of it will crack before it is half used up. If, on the other hand, there be an excess of alkali present, the effect upon the skin is most injurious; for it is the action of alkalies, when strong, to destroy the tissues, and, when weak, to abstract the oil, and generally irritate and weaken the skin. It is the alkali which makes the soap lather well, and as people will have soaps which lather freely, the general run of soaps are deleterious in their action. For those with delicate skins, eruptions, and a tendency to cracking, salt rheum, and discoloration, it is of much importance that they exercise care in the selection of the soap they use. Dermatologists say that some eruptions are caused or kept up by impure toilet soaps.

A glance at one of the cheaper soaps reveals, where the product is a trifle old, a white powder upon the surface. This powder is the excess of alkali which has been squeezed out by the lapse of time.

What renders many soaps already harmful more harmful still is the polish put on them. This polish or gloss is obtained by subjecting the surface to the action of a concentrated alkali, and, considering the cost, had better be left off. Colgate's Soap, which is a lovely perfumed soap for the toilet, has its gloss made by enormous pressure. The same is the case with Lanoline Toilet Soap, which, has a refreshing fragrance like Eau de Cologne, is altogether a very admirable product. It is neutral, and contains a little fat (lanoline), which cannot be saponified, and forms a fine film on the skin when a cake is rubbed on the hands or face. The "Lanolin" is absorbed by the skin supplying a natural fat which prevents roughness, chapping, and wrinkles, and exerts a most healing effect in many diseases of the skin—especially eczema.

A practical question is, How does soap cleanse? It is known that the surface of the skin is a little oily, and that particles of dust are especially apt to cling to it on this account. An ordinary soap, when dissolved in water, sets free some alkali which attacks the oily accumulation on the skin, and so, with the aid of water, removes it. When the skin feels dry, and the thumb does not readily slide over the finger-tips after washing, the soap used is not fit for toilet purposes, and should in no case be used on a delicate skin.

What is the use of soap in shaving—to soften the hairs? Not at all—quite the reverse. Rather to harden them, so that they will stand up straight and not split under the razor. It also, by lathering, makes the surface smooth for the time being.

CREED, CRAFT, AND CURE.

FIRST PAPER.

By MEREDITH CLYMER.

WHEN Montaigne wrote, "There is no greater worker of miracle than the wit of man," he must have had in mind some of the methods of physic, which to accept requires

"A faith, that reason without miracle
Could never plant."

In common life we see the eager and unlessoned crowd making a wild-goose chase after the latest medical "fad" bred of some maggoty brain, or putting blind trust in the impossible promises of the crafty quack, for "novelty only is in request."

At the present day two novelties of the healing art possess popular favour. One is from over-sea, of decent parentage and with honourable sponsors; the other is native to our own quick soil, and of less reputable lineage. The credentials of the stranger and the gathering head of the home product suggest an inquiry into the grounds upon which they rest. Such an inquest should be free from bent or grace. Are they hatched of fact or fiction? Are they the golden secret, or a gilded sham? Do they come as ministers of health, or flitting and fleeing sprites? Bacon tells us that innovations are the births of Time, but adds, "Novelty, though it be not rejected, yet is held for a Suspect."

These two "cures" may rightly be put on trial together, for they own a common seed, and in principle, "there is not more twin than these." It was a saying of Tiberius that he who had lived twenty years ought to know how to order himself without physic. A misliking of "mutinous and tumultuary drugs" has become general, and the medical fashion of the day respects the popular instinct. The "new cures" humour this feeling, and throw away altogether the potion, "tinct, and multiplying medicine;" and this swimming with the tide has much helped them to win popular favour.

1. About fifty years ago the late Mr. James Braid, of Manchester, England, first applied Suggestion to the treatment of disease, the patient being previously put into a state resembling deep reverie, artificially produced, and which he called "hypnotism." In 1886, Dr. Liébault, a respectable physician of Nancy, France, published a number of cases of nervous and other disorders, in which he used this method, and he claimed that the patients were cured or much benefited by the practice. Neither Braid's nor Liébault's statements were received with any favour by the medical profession. Professor H. Bernstein, of the medical school at Nancy, after following some of Liébault's cases, and investigating his method, became a convert, and published, in 1886, the first edition of his work, "De la Suggestion, et Ses Applications Thérapeutiques," which, from his position and reputation, attracted a good deal of attention. During the past two years a number of works upon the

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subject have appeared in France, and at the present time it is winning much notice, and has many convinced and enthusiastic advocates.

"Suggestive Medicine" may be defined as the influence exerted over a "subject," in a special psychical state, by words spoken by a recognized authority, which promise, order, or affirm the removal of any morbid symptoms he may be suffering from. The special psychical state is hypnotism; but this is not regarded as an invariable condition, for many impressionable persons have been treated in the waking state. It is, however, essential that the patient have full conviction of the absolute power which the operator has over his personality, and that there be a full surrender of will.

The Abbé Faria explained many of the mysteries of mesmerism by the principle of Suggestion, and Mr. Braid demonstrated that it was the chief factor in the phenomena of hypnotism, and that they were not, any more than those of animal magnetism, due to any psychic force, or fluid, going out from one body to another. The brain of the subject accepted a suggested idea, the "sensitive," at the moment, being possessed by the conviction that a particular individual—the operator—could exercise a special influence. The subject becomes a mere automaton, as regards the free exercise of certain of the mental faculties. There is response only to the impression received. The sense of the mind is shut. The mental image alone is the idea which possesses it at the time. Volition is decapitated; judgment, comparison, and self-direction are paralyzed. The brain sleeps, and is played upon by the suggester as an instrument, and responds only to his touch.

To make the suggestion more immediate and potent, the tone of the voice of the operator is that of vehement command, and the words "you must," "you cannot," are pronounced so authoritatively that the impossibility of resisting the doing of the enjoined act is more quickly and strongly felt by the subject.

The methods of the practisers of Suggestive Medicine are the same. They put their patients asleep, not by placing a bright object before the eyes, after the manner of Braid, but by the method of the Abbé Faria, who, seating his subjects in a chair, and directing them to concentrate their mind and shut their eyes, would pronounce in an imperative voice the word "*Dormez.*" The disorder is then conjured by auditive suggestions, uttered in an imperious tone, as, for example, "You suffer from pains in your face; on your awaking these pains will have gone; it is my will, and you know you are controlled by my will."

Such is the principle of Suggestive Medicine. What we have to inquire into, in investigating its theory and fixing the value of its practice, is, whether the facts agree with the idea, whether the particular events include the general principle, and whether the principle explains the alleged facts. Assuming the good faith of the partisans of this system of healing, and the accuracy of the reports of their successes, it cannot be said that they are yet able to prove their case. Without charging misrepresentation, there is a good deal of loose statement, and more often plain misinterpretation of phenomena. "Facts," says Hume, "can be known only by experience," which "is the only standard of our judgment concerning

all questions of fact." In the present matter we have too few facts to warrant a final verdict. But, when called upon to recognize principles not fixed by the accepted canons of experimental inquiry, or to admit results not tested by "that indispensable element of a rational deductive method," verification by large and frequent experiment, we have a right to withhold our assent, till such proof, or at least probability, is shown as shall warrant provisional, or final, acceptance of the proposition. This is wanting, so far, in this new method of healing. That within certain limitations it does what is claimed for it is not denied; but that very admission tells against it as a system of cure. As will be seen later on, when Suggestion, as a psychic factor, is more fully examined, a fit subject for this treatment should be of peculiar temperament, capable of being "possessed," feeble in will as well as in body—either hysterical or hypochondriacal.

2. "Christian Science," "Mind Cure," "Metaphysical Healing" are in fellowship of mystery, and confess one faith; in fact, are triune and indivisible in principle and practice. A general notion of the doctrines of this system of healing may be gathered from the givings out of the chief teachers of the craft. Out of their own mouths shall they be judged.

Why is it called Christian Science? The answer is: "Because it is a glorious truth, now dawning upon the world for a second time, which will enable us to unlearn our sicknesses, the same as we do our other evil doings; for Jesus revealed it some eighteen hundred years ago, and the primitive church enjoyed the revelation for about three hundred years, when it went into the 'dark ages' of human opinions, from which, after feeding upon 'medical husks' and the wisdom of the world, it is just now returning to the Father's house."

Again, we are told that "it is the divine anointing, and is universal," and that "we travail in pain until Christ be found within us, and crush and destroy every form of evil." Moreover, "only as personality is subdued and dissolved in Deity can Deity appear in or through the person. . . . The weakness of human selfhood must be conquered." This is luminous, and should be satisfying.

The core-article of faith of the "Scientists" is that "all causation is mind, and every effect a mental phenomenon." Mrs. Mary Baker Glover Eddy, from whose brain, as a matter of fact, Christian Science came forth, in 1866, like Athene, of full stature and complete equipment, writes: "The only realities are the Divine Mind and its ideas. Erring mortal views, misnamed mind, produce all the organic and animal action of the mortal body. Instead of possessing sentient matter, we have senseless bodies. . . . The conviction came to me from the self-evident fact that matter has no sensation, . . . from the obvious fact that mortal mind is what suffers, feels, sees. . . . God is mind . . . is spirit, and spirit is infinite; is the only substance; is the only life. Man was and is the idea of God; therefore mind can never be in man. Divine science shows that matter and mortal body are the illusions of human belief, which seem to appear and disappear to mortal sense alone. . . . Besiege sickness and death with these principles, and all will disappear."

This divine science is indeed looked upon by its votaries as an

"inspiration of celestial grace
To work exceeding miracles;"

for one of them says: "It seems that the beautiful teaching of this new old doctrine came to many of us as

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a direct revelation of the Highest." Some among them deny that there is such a thing as sin; for God, or Good, being omnipresent and filling all space, there is no place for sin, as it is mathematically proved that two things cannot at one time occupy the same space. Others hold that disease is sin, and when asked why, give this discreet answer: "How does the lily come from the forces of nature? We see that the visible is the product of the invisible, and that is all we can say."

We are assured, with irresistible logic, that "It is not God's will that any one should be sick. . . . If disease is bad, to say that it is sent by God is to say that God is bad. . . . If God ever permitted disease, Jesus would never have cured a single case of it, because He would have upset His Father's work. . . . Since there is no evil in all the universe, and since man is the highest expression of good amidst ubiquitous good, how can he be diseased? . . . Have no foolish fear that matter governs, can ache, swell, and be inflamed, when it is self-evident that matter can have no inflammation or pain. . . . What you call neuralgia, I call illusion."

Anatomy and physiology are called "the husbandmen of sickness," and their study is strictly forbidden, as well as that of the branches of medicine which treat of the causes and nature of disease. Drugs, the rules of health, and the massage craze are made of no account. Diet, exercise, and bathing receive a rebuke from Christian healing; and but little favour is shown to the sister arts, for mesmerism is styled "a social curse, possessing neither intelligence nor power, its basis being a belief, and this belief an error. Spiritualism destroys the supremacy of spirit; clairvoyance influences mortal thought only; and the Faith Cure is belief without understanding—mental blindness. . . . Christian Science never gives medicine, never recommends hygiene, never manipulates, never consults spirits, or requires a history of the patient, or trespasses on the rights of mind through animal magnetism."

Yet if the following sentence means anything, it is a squinting toward mesmerism: "The soul has eyes to see, and ears to hear. There is an inner door through which the soul can look. The senses can be made to slumber, while the door of the soul is ajar to catch the vibrations which are borne in on the atmosphere."

NO DOUBT OF SUCCESS.—Perkins—"Well, Smith, after many failures, I have at length struck a dead sure thing." Smith—"I am glad, indeed! What are you at now?" Perkins—"I'm an undertaker."

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"ISABELLA THWAITES."

The Family Circle

"The child is father of the man."—Wordsworth.

"In bringing up a child, think of its old age."—Joubert.

ART IN THE HOME FROM A MEDICAL STAND-POINT.

By I. N. LOVE, M.D.

Ex-President of the Mississippi Valley Medical Association, &c.

I DESIRE to throw out, in an informal way, a few thoughts upon "Art in the Home."

The query may be presented "what have physicians to do with art in the home?" I answer that all that pertains to the well-being of the home and its inmates should be of interest to those whose field of work includes the family and its best interests. The medical man who cultivates the habit of reading and study is wise, or at least will be wiser, for having done so, and he manifests a broader wisdom when he extends his reading and study to general subjects. He is much less likely to become narrow and one sided, when he feeds his mind upon a varied diet.

There is no individual who holds a more honoured and sacred relation to the homes of our land than the doctor. As the trusted adviser, I take it, he should think and know something besides physic. From the standpoint of domestic sanitation, any little point which tends to aid the building and the bettering of the home is important, however trivial it may appear when considered superficially. All that tends to illumine, and scatter the shadows from the household, is a preventive of disease. I may not contribute important matter but I trust trains of thought may be suggested to the minds of my readers which will be productive of good.

Art—Home!—two words; each a reminder of a world of sentiment—the latter the sweetest word on earth to mortals given save that of mother. Viewed from the material standpoint art has been defined as the employment of means to accomplish some desired end, or the application of knowledge or power to practical purposes. The eminent French artist, E. Havard, says: "Art is the pursuit of the beautiful." He says whatever excites the sentiments which harmony, elegance and grace, usually excite only to the degree to which these emotions are aroused. To call them forth is the end of art. Eugene Veron, another of the same school of artists, has observed: "Art is emotion translated either into combinations of lines, forms, and colours, or into movements, sounds, or words." A comprehensive rythmical definition which has been given (by whom I do not now recall) is that art is simply the effort to give sensible embodiment to the ideal.

The safety and perpetuity of society depends upon the maintenance around which there must be aggregated the protoplasmic material of social organic life. In proportion as the home is made attractive and beautiful, will the inmates thereof be loth to desert and seek other allurements. A growing belief in the usefulness of beauty, and an appreciation of the art as expressing the beautiful, are not the least important evidences of the advancement of civilization. Prior to the time when primitive man had a home, his decorative efforts were concentrated upon his own person; and whether the materials at his command were fig leaves, or those of his own invention, the germ of a love for the beautiful was there, and the artist in embryo was apparent. Whether the decorative effort was directed toward the anatomical

temple, or its abiding place, it was an expression of appreciation of, and respect for, humanity and Divinity.

It would have been strange indeed had not man been endowed with a love of the beautiful when there was so much of beauty around and about him; and in his expressive efforts toward adornment, all nature was his cue, and he but spoke the lines which followed after. It is not my purpose to trace the advancement and progress of the æsthetic taste down the various generations of the past—it has been part and parcel of the entire scheme of evolution—from the first crude attempt past the earlier Athenian times when the individual was subordinate to the state, and classic art and decoration were lavished upon temples and public buildings rather than upon private homes. During the time of our fathers and grandfathers, thirty, forty, and fifty years ago, in city or country, the home was naked and barren.

Now, inattention on the part of the family to home decoration is the exception; and though there may be found by the cynical many sins of omission and commission, the tendency is in the right direction. The utility of art is being demonstrated upon all sides, in the books for young and old; and it is brought into requisition by trade and commerce in the every-day avenues of life. The very air we breathe is permeated with its spirit, and the state is very properly devoting time and money to educating her citizens to a proper conception and appreciation of its principles. In our schools there should be more and more attention given to this subject. If it be true, as Jean Paul Frederic Richter has expressed it, that every first thing continues for ever with the child, the first colour, the first music, the first flower, paint the foreground of his life, how important that the domestic surroundings of our children should be correct in so far as they can be controlled. Let us not wilfully paint the foreground of our little ones' lives with sombre colours, funeral dirges, and noxious weeds, but rather with bright tints, glad some notes, and fragrant blossoms.

I do not for one moment consider myself competent to direct as to the manner of constructing and decorating the home; the taste varies with the individual, and much depends upon the possession of means to carry out one's ideas. As Ike Marvel (and who has not been charmed with his "Reveries of a Bachelor?") has well expressed it, "All the best art and picturesqueness which belong to house decoration should have somewhere showing through them a homely, matter-of-fact basis. There may be richness, fulness, largeness, expression of luxury and wealth, but if there be nowhere a possible reading "between the lines," of a domestic purpose, of the sanctities and privacies and enjoyments of home life, as well as of large hospitalities, it is an idle art and an idle setting forth of splendours." I must confess a preference for coziness rather than costliness, snugness rather than size.

In selecting or constructing a home or a costume, or seeking a companion for life, one is justified in trying to please himself rather than the public. His decision in any case will meet with criticism, but if it suits him others should not complain, unless all forms of good taste be sacrificed. I am inclined to believe that in the home cold and classical art should have no place. The Queen Anne style of architecture, with its angles, gables, and picturesque outlines, is beautiful; but in the nineteenth century, with our knowledge of the healthfulness of light and fresh air, we should so modify it as to admit larger windows, and more of them. In early times men were ignorant of the fact that light in the home is conducive to healthfulness and godliness. Sunshine is a specific

against sewer-gas and noxious germs in general; and sin itself loves darkness rather than light. I think a great advance will be made when all house walls are built thicker and all windows are constructed with an inside and an outside sash, and glass of extra thickness.

Speaking of large windows and an abundance of them, it is much easier to close these apertures by means of blinds at will than to knock a hole in the wall to let in needed light. Darkness, gloom, dampness, and air reeking with organic matter and filth, are not only unsanitary, but ugly and inartistic. Marble mantels and finishings are suggestive of mausoleums and bath-rooms. Stationary washstands and all other entrances into the sewerage system of a community should be as remote from the living rooms of a house as possible, and if they are altogether disconnected therefrom so much the better; they are not only vilely unwholesome, but in spite of traps and other flummery of scientific plumbary, positively vulgar. Parents should be impressed with the fact "that during the period of childhood the ideals of life are formed, and in its dreams the germs of many a man's career are found."

(To be concluded.)

A NEW MILITARY RATION.—All the garrisons within the limit of the Seventh German Army Corps, we learn from the *Medical Herald*, have now been provided with larger samples of the new article of food which is in future to form the so-called "iron ration" of the men in the field. It is a peculiar kind of bread, in the shape of small cubes the size of a chocolate-drop, made of fine wheat-bread, strongly spiced, and calculated to keep for a long time. When taken into the mouth, it quickly softens, and is both palatable and nutritious. It is chiefly intended for forced marches, when there is no time for camping and cooking.

THE COD FISHERY.—On the way home from the fishing grounds each night when the sails can be used and the men are free, the day's catch is immediately prepared. The head is removed and saved. Then an incision is made near the tail of the fish in order to let the blood out. The liver and spawn are saved in holders brought especially for the purpose, and the entrails are cast into the sea. The fish designed for drying without salt are now tied together by the tails, two by two, without washing, and hung over racks on shore, where they remain drying in the sun until June 12th, it being forbidden by law to take them down sooner, as many men live at great distances from the drying grounds, and in the absence of the law mentioned the temptation to appropriate other men's property was found to be too strong for the first comers to resist. The fish to be salted are usually sold to small smacks, which are sent by the merchants of the cities lying further south to cruise and buy them up. In these vessels the cod are salted in layers in the hold. After being opened to the backbone along the whole length of belly, the bone is removed to the third joint, opposite the navel. The fish receives no washing under this process, even though it is a well-known fact that a little care in this direction would give the finished cod a much better appearance. After completing a load the smacks depart for the small islands lying outside the cities of Throndhjem, Aalesbund, Christiansund, and Molde, where the fish are alternately piled in stacks to press the moisture out of them, and then spread on cobblestone pavements or the natural rocks to dry in the sun until ready for export.

Healthy Holidays.

—"Forth into the fields I went,
And Nature's living motion lent
The pulse of hope to discontent."—Tennyson.

HOLIDAYS FROM A MEDICAL POINT OF VIEW.

WE may distinguish at the outset two classes of holiday: (1) the holiday which consists of a continuous and more or less prolonged residence at some single spot, and (2) the holiday tour, whether confined within the limits of the British islands or embracing a wider area. The therapeutic uses of these two types of holiday are worthy of some distinction. The former is evidently more suitable, as a general rule, for the extremes of life, for those who are much debilitated or recently convalescent, and for those persons who wish to carry out some special line of treatment at a selected sanatorium. The holiday tour, on the other hand, evidently affords more novelty, amusement, and instruction, and may be recommended to those who are fairly robust or whose ailments are "nervous" rather than organic. The great defect of the holiday tour is that, as a rule, too much is attempted in the way of sight-seeing. There is an excess of continuous fatigue, and not uncommonly health is injured rather than benefited. The tour with a crowd is open to grave objection, and should be positively prohibited to all whose main object in travelling is the restoration of physical vigour, impaired by over-work or disease. It is less within our province to point out the defects of this form of tour from the æsthetic point of view, but the spectacle of the average *bourgeois* tourist, introduced by easy arrangements to the wonders of the Louvre or the Vatican, irresistibly suggests the well-known saying about the impolicy of casting pearls before unsympathetic quadrupeds.

For continuous residence we have the choice of sea, mountain, and inland plain. Where the needs and tastes of children have to be considered, the first-named is rightly regarded as in general the most suitable. Children, with rare exceptions, love the seaside; the waves, the sandy beach, the seaweed, and the marine animals are to them a source of continuous delight. This joy in the ocean is the natural outcome of the physical benefit which usually accrues to the child by a residence at the seaside—a benefit which is very general, and specially marked in those who have any inherited or acquired tendency towards rickets, struma, or consumption. While seaside life is almost invariably beneficial to children, it does not necessarily follow that a bath in the sea shall be included in the daily programme. It is an admirable tonic to those who have a fairly sound constitution, and especially a vigorous circulation, but in all cases of delicacy it should be used with caution. Little harm will be done if the cardinal rule be kept in view that the sea bath does good when there is a speedy and sufficient reaction, but mischief if the reaction be imperfect or long delayed. It is also a safe rule not to insist upon bathing children who regard the process with lively aversion or alarm.

We have in this country a splendid array of admirable marine resorts—Brighton, Eastbourne, Folkestone, Margate, Cromer, Scarborough, Skegness, Whitby, Ilfracombe, Tenby, Barmouth, Llandudno, Douglas, Bray, Portrush. Such are a few of the many which might be mentioned with commendation. Their physiological action may be recollected by the general law that the northern and eastern coasts are bracing, the southern

and western coasts more or less relaxing. Scarborough and Cromer are two of the most bracing English marine resorts, while Ilfracombe represents the opposite pole.

Of mountain resorts, in the strict sense of the term, the British islands are almost wholly destitute, but such agreeable spots as Pitlochry in Perthshire and Llanberis in Carnarvonshire, although at only a slight elevation, afford the active pedestrian ample facilities for scaling heights where the desired air of the mountains may be obtained. The mountain resorts of the continent of Europe are numerous and famous. The Alps, the Pyrenees, the mountains of Auvergne, all contain delightful spots of world-wide renown, where a charming holiday may be spent amidst some of the most sublime scenes in nature.

In agreeable resorts of the third class—namely, inland resorts other than mountains—our own country is rich. Malvern, Cheltenham, Tunbridge Wells, Buxton, Matlock, Ilkley, Harrogate, Leamington, Woodhall Spa, Bath, Moffat, Crieff, and Strathpeffer form a goodly list, which might easily be increased. It will be remarked that many of the places on this list owe their celebrity in some measure to the possession of mineral springs, the revival of popularity of the British spas being no longer a hope only, but an accomplished fact. Bath is already reaping the reward of the active public spirit of her municipality, and Leamington is following so worthy an example. It cannot be doubted that the great popularity of the foreign spas is in many cases due more to their energy and ingenuity in catering for the wants and amusements of their patrons than to any decided natural superiority over similar resorts in Great Britain.

—*Lancet*.

SCARBOROUGH AS A HEALTH RESORT.

DR. ALFRED HAVILAND, in his work under the above title, has the following excellent summary of the character of Scarborough:—

"Scarborough," says John Philips, F.R.S., "is readily admitted to be supreme among northern watering places. No situation on the Yorkshire coast offers the same continuation of picturesque cliffs, convenient access, comfortable dwellings, amusements for invalids, and motives for exercise to the more robust, along pleasant sands, among ancient fortifications, over prominent hills, or through woody valleys. Again, masses of elevated land and broad tracks of deep water affect the climate by giving out in late autumn and winter some warmth which they had acquired in summer; hence one of the advantages to the invalid of a prolonged residence in Scarborough, or in some sheltered Yorkshire dale, till December, January, and even February, have spent their cooling power on the inland surfaces." It is over thirty years since this opinion was expressed, and Scarborough now stands as the Queen of Watering Places.

Scarborough is established as a pleasure resort, and during the season it is one of the gayest of watering places. But this is only part of its function; it deserves to be better known for its other capacities. There is a popular impression that the east wind is always blowing on the east coast. This is a delusion, which has been exploded by observations. During five years, 1877 to 1881, there were taken at Scarborough 826 observations when the easterly winds amounted to 38·7, the westerly 61·0, and calms 0·3, so that Scarborough gets only a small share of that wind which is so much dreaded. After a close study of the winds, Dr. Haviland says: "I have long entertained the opinion that Scarborough deserves to be better known as a winter resort. Its

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Mrs. M. ANDERSON, Mortimer-street, Herne Bay, Kent, writes:—"I was suffering from a torpid, inactive liver accompanied by constipation and indigestion. After wearing Harness' Electropathic Belt, I am much better in every way; the functions are regular, my appetite has improved, and the wretched depressed feeling I used constantly to have has completely passed away."

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Mr. R. J. WATSON, Proprietor of the Harwich Free Press, 13, Market-street, Harwich, writes:—"The Electropathic Belt I had of you has completely cured me of Sciatica. It has done wonders for me, having relieved me of what medical men said was incurable. F.S.—You are at liberty to publish this."

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Major PAKENHAM, Longstone-house, Armagh, writes:—"The Electropathic Belt which you supplied me with has completely cured me of the Rheumatic Gout from which I have suffered such intense agony for nearly two years, and now I feel as strong and active as I have ever felt in my life. Several of my friends have, on my recommendation, tried these Belts, and in EVERY case the result has been most satisfactory."

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PRICE LISTS FREE ON APPLICATION.

winter temperature, its winter winds, and its physical geography, all entitle it to a high place as such; and I am glad to find that meteorological observations, made with the best and most modern instruments, fully confirm this opinion." This information will be new to many, though shared in by those who really know Scarborough.

Another point in favour of Scarborough as a health resort is its altitude; and as some of our physicians are sending patients abroad in order that they may climb hills, as part of the movement cure, we would impress upon them what Scarborough offers in this respect. Scarborough consists of two towns, an old and a new one, modern Scarborough consisting of a series of terraces of various heights and altitudes, so that looking at the North Sea, we can estimate the contour lines which, commencing at 100 feet as a limiting boundary in front, runs up to 200, 300, culminating at the north end of Oliver's Mount at 500 feet, so that residence can be secured at various heights, and exercise taken at varying gradients proportionate to the strength of the invalids. Of course, as Scarborough is well provided with carriages, drives can be taken and its neighbourhood explored. A favourite walk is up to Castle Hill. "At the base of the Keep," says Dr. Haviland, "we shall be at a height of 280 feet above the sea level, and command a view rarely equalled, for it is indeed rare to be able to see at our feet two such lovely bays, at the same moment, and from the same standpoint. The expanse of the clear blue waters of the North Sea is beautiful in itself, but enriched as they are around these bays with lofty cliffs of almost every hue, the scene grows into one of grandeur. The glittering white chalk cliffs that stretch, at the south-east, to the magnificent promontory of Flamborough Head form a background to the nearer cliffs of Gristhorpe and Red Cliff, the latter being so called from the brilliant colour with which the overlying drift has imbued its calcareous grit, 280 feet above the beach."

This description is true to the letter, and we might extend the quotation from Dr. Haviland's book, setting forth other points of vantage for which Scarborough is noted. We may briefly sum up the claims of Scarborough as a health resort.

1. There is a magnificent sea, and the purest of sea air, and excellent sea bathing.
2. Its temperature all the year round is mean.
3. The climatic conditions, influenced by its geological formation, are those demanded for a health resort.
4. There is excellent accommodation for invalids, and the hotels and lodging houses are under the inspection of the medical officer of health. The certificate system is in vogue.
5. The vital statistics of Scarborough establish its value in pulmonary complaints. The drainage, water supply, &c., are admirably looked after, so that those who leave their homes in search of change of air need not have their fears multiplied.
6. Recreations are well provided. Scarborough Spa is well known, for, independent of its sea-side attractions, it also possesses chalybeate and saline springs. Its aquarium is one of the finest in the world.

Dr. Haviland very well says that "the great recreation is the beauty of the town itself, with its Castle cliff, surrounded by the ruins of the Keep; the Ramsdale, with its valley bridge; and a host of other rambles, within and outside the town, which are never-failing attractions to the visitor." Those who require change of scene will find Scarborough a veritable pleasure garden. Its magnificent hotels are filled during the season with

pleasure seekers, and this aspect of Scarborough life has made for it a world-wide fame. We would ask medical men, before sending their patients abroad, to look into the claims of our English watering places. If we can secure at home equal advantages for our patients, as we can, though not in every case, we should encourage our English health resorts, and send our patients to them. We have a rich selection. Scarborough has a firm foundation as a health resort, both for summer, autumn, and winter, and this reputation promises to grow.—*Provincial Medical Journal*.

WOOD-CHARCOAL, added to soil, darkens the colour of dahlias, petunias, and hyacinths. Soda, and sulphate of soda, gives those, and many other flowers, a redder shade.

INSECT PESTS.—Dr. J. A. Lintner, the well known entomologist of New York, says there are in the world 320,000 species of insects; 25,000 of these belong to the United States, and about 25,000 prey upon the productions of man; 7,000 or 8,000 of these could be considered as being fruit pests. On the apple alone 210 species are known, and probably more extended investigation will increase the number to 300. The future successful fruit grower should study entomology, and be acquainted with insects and their habits, so as to be able to tell friends from foes. Professor Lintner recommends the study of feeding and habits as a guide to the use of insecticides, which should also receive notice.

SOLVENTS OF URINARY CALCULI.—Dr. Herman Goldenberg, of New York, has studied the effect of various solvents upon urinary calculi, with a view to ascertain the most favourable method of treatment of lithiasis, under different circumstances. Instead of performing his chief experiments in a test-tube, by trying the solubility of uric acid, or uric-acid concretions, in solutions of various supposed litholytics, he treated the uric acid, &c., with urine passed by persons who had purposely taken regular doses of the litholytic remedies, and made a parallel set of experiments with normal urine not containing the latter. It was found that the greatest solvent action was exerted by the waters of the Désirée spring of Vals, 100 C.c. of urine passed under the daily administration of one bottle of this water being capable of dissolving about 0.01 Gm. of uric acid. The "Grand Grille" of Vichy possesses nearly the same power. Next come Fachingen, the Helenen-quelle of Wildungen, and, finally, the Obersalzbrunn Kronen-quelle. The latter has only one-fifth the solvent power of the Désirée. It is now pretty certain that the main factor in the litholytic power of the waters is the percentage of carbonate of sodium. Experiments to substitute aqueous solutions of this salt, in such strength as to resemble the natural waters, had similar effects upon the calculous deposits, but caused disagreeable effects upon intestinal peristalsis, and by rendering the urine alkaline, produced an abundant precipitation of phosphates. Similar effects were produced by *Catani's powder*, which is composed of lithium carbonate, one part; sodium bicarbonate, two parts; potassium citrate, four parts. Also, to a less extent, by magnesium boro-citrate, which, however, is well borne in long-continued doses. The author advises, in acute cases, to employ the most active remedies, particularly such mineral waters as contain the largest amount of sodium carbonate. But these should not be long-continued. In chronic cases, the milder remedies are to be preferred, and, aside of mineral waters, the most beneficial or least harmful appears to be the boro-citrate of magnesium.

Findings from the Journals

"Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

Some Vital Statistics.—A correspondent writes:—The death-rate in London for the week ending the 9th of June fell as low as 14.9 per 1,000. The London zymotic death-rate rate was 1.6. There were no small-pox patients under treatment on the 9th of June at the Metropolitan Asylums Hospitals. The death-rate from diseases of the respiratory organs also fell considerably below the average. In connection with trade depression and the existing distress among the poor, it is interesting to note that during the last few years the general death-rate has not gone up, but actually decreased, as the following official returns show:—

YEARLY.										
1878	1879	1880	1881	1882	1883	1884	1885	1886	1887	1888
21.6...	20.7...	20.5...	18.9...	19.6...	19.5...	19.6...	19.0...	19.3...	18.8...	— per 1,000.

MARCH QUARTER.										
1878	1879	1880	1881	1882	1883	1884	1885	1886	1887	1888
22.6...	21.9...	22.7...	21.5...	21.5...	22.2...	19.5...	21.8...	22.3...	20.6...	21.0 per 1,000.

It would be interesting to know how far this is due to the low rate of wages. With wages high, people make for luxuries; they drink more beer, eat more meat, and probably more often frequent places of amusement where the air is impure. Then, when the nights are chilly, the fact of their turning out from a hot atmosphere is sufficient to increase largely the number of cases of diseases of the respiratory organs. It might be noticed, too, that the marriage-rate did not show a very great decrease, although it fell somewhat during the last three years. The table below gives the figures for the corresponding March quarters in each year respectively.

MARCH QUARTER.										
1878	1879	1880	1881	1882	1883	1884	1885	1886	1887	1888
12.7...	11.6...	12.9...	11.8...	12.2...	13.4...	12.3...	11.5...	11.4...	11.1...	— per 1,000.

The decrease in the number of births is more marked, due, it is to be hoped, to some cause other than a falling-off in the fruitfulness of our race. The following are the official returns of births for the March quarter in each year from 1878 to 1888:—

MARCH QUARTER.										
1878	1879	1880	1881	1882	1883	1884	1885	1886	1887	1888
35.8...	36.1...	34.6...	35.1...	34.3...	35.2...	33.2...	34.2...	33.5...	31.5...	31.4 per 1,000.

—*St. James's Gazette.*

The Prevention of Snow-Blindness.—Professor Ray Lankester, in a letter published in the number of *Nature* for May 3rd, states that he has received from Mr. Edmund J. Power a statement of a matter of fact which, if supported by additional evidence, is certainly of value. Mr. Power writes:—"Can you or some of your friends explain the following? When in Colorado, shooting, the end of last year, my friend had a very bad attack of snow blindness, caused by a long march on snow with bright sun. My eyes also were very bad the next day and caused much pain. Some days after I was under similar circumstances, when my guide stopped, and taking some burnt wood from a stump, blackened his nose and under the eyes well down on the cheek bone. On asking him the reason, he told me it stopped snow blindness, and as the glare was very strong I did the same, and found immediate relief. I did this all the time I was out, and never found the snow affect my eyes in any way. Everyone I spoke to about it could give no reason for it, but all used it on the march. Some use glasses, but, as my man remarked, 'glasses cost dollars, dirt nothing.' Perhaps some of your friends can enlarge on the subject, as it is of great interest to me, and may be so to Alpine people, as glasses are hot to climb in,

and from my own experience it is not easy to stalk in glasses and then take them off and shoot." Professor Lankester wishes to know whether, from a physiological point of view, blackening of the nose and eyelids really does prevent the injurious action of sunlight on the eyes, and, in addition, whether the custom has possibly a remote origin in some ceremony or ritual. In regard to the latter point, we can hardly offer an opinion, but the value of the practice as a prevention against snow blindness seems problematical. Darkening the cheek and temple or brow would have no influence in arresting rays of light from entering the eye, which is the cause of snow blindness. Blackening the nose would have some, but only a slight, effect, since that organ as a rule cuts off only about 6 degs. to 8 degs. of the field of vision of each eye, which scarcely seems to be enough to materially reduce the amount of light falling on the retina. The Esquimaux method of looking through a slit in a blackened cup seems more likely to prevent the inflammatory troubles due to excess of white light.—*Lancet.*

The Luxury of a Rose Jar.—A delightful perfume for halls and parlours in dwelling-houses or hotels can be easily procured at this season of the year; and it is such a pure, yet delicious odour that it charms everyone. It is simply a rose-jar, which should be opened for about one hour every morning, and then carefully closed. A writer in one of our English contemporaries describes the best method for stocking the jar, and, in doing it, suggests that the preparation of the rose-stock should be detailed to the care-taking member of the family, who never forgets anything. Gather the rose-petals in the morning, let them stand in a cool place, toss them up lightly for one hour to dry; then put them in layers, with salt sprinkled over each layer, in a large, covered dish—a glass butter-dish is a convenient receptacle. You can add to this for several mornings, till you have enough stock—from one pint to a quart, according to the size of the jar; stir every morning, and let the whole stand for ten days. Then transfer it to a glass fruit-jar, in the bottom of which you have placed two ounces of allspice, coarsely ground, and as much stick-cinnamon, broken coarsely. This may now stand for six weeks, closely covered, when it is ready for the permanent jar, which may be as pretty as your ingenuity can devise or your means purchase. Those with double covers are the best, and very pretty ones in the blue-and-white Japanese ware, holding over a quart, can be bought for a few shillings. Have ready one ounce each of cloves, allspice, cinnamon, and mace, all ground (not fine); one ounce of orris root, bruised and shredded; two ounces of lavender flowers, and a small quantity of any other sweet-scented dried flowers or herbs. Mix together, and put into the jar in alternate layers with the rose-stock, and a few drops of oil of rose, geranium, or violet, and pour over the whole one quarter-pint of good Cologne. This will last for years, though from time to time you may add a little lavender or orange-flower water, or any nice perfume, and some seasons a few fresh rose-petals. You will derive a satisfaction from the labour only to be estimated by the happy owners of similar jars.

FUMIGATION is said to have originated with Acron, a physician of Agrigentum, who is said to have first caused great fires to be lighted and aromatics to be thrown into them to purify the air and thus to have stopped the plague at Athens and other places in Greece about 473 B.C.

IMPORTANT ANNOUNCEMENT.

BONUSES TO SUBSCRIBERS TO "HEALTH."

HEALTH, as our readers are aware, may be obtained of all Booksellers and Newsagents, and at the Railway Book-stalls, on the day of publication. It may also be ordered from the PUBLISHER, 2, Paternoster-square, London, E.C., who will send the journal, post free, for a year, on receipt of postal orders for 10s. 10d.

As many of our readers who live in remote districts prefer to obtain HEALTH from the Publisher direct, and as we are desirous of increasing the already large number of subscribers who give us a yearly order for the journal, we offer the following FREE GIFTS and BONUSES to all who subscribe to HEALTH for one year or longer:—

(1.) To each Subscriber who remits 10s. 10d. to the Publisher, entitling him (or her) to receive one copy of HEALTH, post free, for one year, we shall present a copy of Dr. Andrew Wilson's work, entitled "A Manual of Health Science" (Longmans & Co.), value 2s. 6d.

(2.) To each subscriber who remits 21s. 8d., entitling him or her to receive two copies of HEALTH weekly, post free, for one year (or one copy for two years), we will present Dr. Richardson's "Ministry of Health" (Chatto & Windus), value 6s. The copies of HEALTH so ordered may be posted to separate addresses.

(3.) To each person who subscribes 32s. 6d., for three copies of HEALTH, post free, weekly, for one year, we will present the volume by Dr. Richardson mentioned above, and also the handsome, illustrated book entitled, "Studies in Life and Sense," by Dr. Andrew Wilson (Chatto & Windus), value 6s.—being a free gift of the total value of 12s.

The bonus last mentioned will also be presented to any one who succeeds in obtaining three yearly subscribers to HEALTH, and who remits to the Publisher the sum of 32s. 6d., together with the names and addresses of the persons to whom the copies are to be posted each week.

As the literary gifts above-mentioned constitute books containing solid and reliable information regarding health and other matters of popular scientific interest, it will be seen that the above scheme, while intended to increase our already large circulation, also offers distinct advantages to new subscribers who guarantee by their subscriptions a year's support to this journal. All communications regarding subscriptions and other purely business details connected with HEALTH should be addressed directly to the PUBLISHER, 2, Paternoster-square, London, E.C., and not to the Editor.

CONTAGION IN COURTS.—The State analyst of New Jersey, in a recent trial, when called upon to take an oath as witness, avoided kissing the Bible on the ground that he might contract disease by so doing, saying, "So many different persons have kissed that book, that I do not think it safe to touch my lips to it." The court held that the witness must kiss the book, and he reluctantly did so. This seems like a trifling matter, and yet it might be a serious one. The danger of contracting disease in this way is not imaginary. Until courts so disinfect the Bible on which oaths are taken as to make the act of kissing it safe, we would advise the practising of a device which the writer has for years employed, viz., to kiss the fingers with which he holds the book.

Sanitary Appliances. Etc.

"CHILDREN'S BREAD."

UNDER this name the Dahl Cake Manufacturing Company of 41, Eastcheap, London, E.C., have produced a modification of their well-known Dyspepsia Cakes, specially adapted for the use of children. Every mother knows how difficult it is to cure constipation and allied digestive troubles in the young: a task rendered doubly tedious by the fact that the drugs often employed with success in the adult are unsuited for children. In the Dahl's Cakes for children we find a remedy at once agreeable and easily taken, and which serves as a nutritious food in addition to its curative properties. For the nursery these Cakes are simply invaluable, and contain a high proportion of bone-forming elements as well as flesh-forming constituents. The Cakes are given with milk, tea, or coffee, and are thus made to form part and parcel of the child's dietary. In face of these useful Cakes, the old and nauseous oils and drugs of nurses should become things of the past.

HUTTON'S FOOT POWDER.

MESSRS. TYLEE & Co., Chemists, Bath, have forwarded a sample of "Hutton's Absorbent Foot Powder," which upon examination we find to be a preparation extremely well adapted to form a useful dusting powder in all cases of skin-chafing. For the cure of tender feet it has attained a high reputation, its astringent and cooling properties being undeniable, while it does not stain the skin or injure the clothing. It possesses antiseptic properties which should render it valuable in cases of disagreeable perspiration of the body or feet at large; and it may also be safely employed in the nursery.

YERBA MATEY, A NEW TEA.—This is the name of a new tea, which, it is said, an attempt is being made on the Continent to introduce into Europe. It is a popular beverage in Paraguay and Brazil, and is prepared from the leaves of the *Ilex Paraguayensis*. It makes a non-intoxicating, aromatic drink, and in its chemical properties and physiologic effects resembles tea and coffee. It is believed to arrest waste, but does not form flesh. It enables people to go a long time without food, and the inhabitants of Brazil and the Valley of the River Plate drink it freely on account of this property.

Our Letter-Box

"Conference [maketh] a ready man."—Bacon.

NOTICES TO CORRESPONDENTS.

All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to "THE EDITOR OF HEALTH," 2, PATERNOSTER-SQUARE, LONDON, E.C. Those intended for the Publishing Office to be sent to MR. A. P. WATT, THE PUBLISHER, at the same address.

RULES FOR CORRESPONDENTS.

OWING to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring replies in the LETTER-BOX DEPARTMENT of HEALTH, to the following rules:—

1. All questions are answered free of charge in the columns of HEALTH.
2. All letters must be legibly addressed to "The Editor of HEALTH, 2, Paternoster-square, London, E.C.," and to no other address.
3. Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of HEALTH. A stamped addressed envelope must accompany all queries to which a private reply is desired.
4. Addresses of physicians and surgeons will, as heretofore, be forwarded FREE to Correspondents on their enclosing a stamped addressed envelope for reply.

5. Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.
6. From the necessity of sending HEALTH to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.
7. No Post Cards must be used in sending queries. Violation of this rule deprives the sender of the privilege of a reply.

LETTERS TO THE EDITOR.

THE MENTHOL TREATMENT OF CONSUMPTION.

SIR,—In justice to my friend, Dr. Beehag, I beg that you will allow me to reply to a note of yours that appeared in No. 275 of HEALTH. In that note you seem to charge Dr. Beehag with arrogating to himself the credit that is justly due to Dr. Rosenberg of devising the method of treating consumption by endotracheal injections of menthol. Dr. Beehag never lost an opportunity, public or private, of giving Rosenberg all the honour of this invention; but to himself, without doubt, belongs the praise of introducing this wonderfully successful treatment of phthisis to the British profession and public, of repeating and testing Rosenberg's experiments and confirming his results, and of extending the menthol treatment to a considerable number of other diseases.

Edinburgh. Yours, &c., ANDREW ALEXANDER.

[If Mr. Alexander will kindly re-peruse the simple note we appended to the letter of our correspondent, he will, perhaps, reconsider his somewhat rash statement that we "seem" to charge Dr. Beehag with arrogating to himself the credit of Dr. Rosenberg's discovery regarding the menthol treatment of consumption. We merely remarked to our correspondent who spoke of Dr. Beehag's treatment that the method in question was that of Dr. Rosenberg; and we gave Dr. Beehag as much credit as he seems to be entitled to when we added that he confirmed Dr. Rosenberg's views. Does Mr. Alexander, in his over-anxiety to do justice to the latter, object to the public being informed of Dr. Rosenberg's right and title to be considered the discoverer of the menthol treatment? We are glad to hear of Dr. Beehag's own recognition of Rosenberg's discovery; but, as he has raised the question, we may remind Mr. Alexander that, some months before Dr. Beehag's paper on the subject appeared in the *Edinburgh Medical Journal*, Dr. Francis Troup had described the menthol treatment of Rosenberg in his "Periscope" of medicine contributed to that periodical. It may also tend to allay Mr. Alexander's anxieties if we inform him that Dr. Archibald Macdonald, now of Liverpool, actually suggested the use of menthol as an alleviator of pain and as a possible antiseptic, &c., long before Rosenberg's views were made public. Dr. Beehag therefore appears simply to be following up the footprints of other investigators and observers, and our editorial note simply asserted this fact, which, by the way, Mr. Alexander himself does not deny. The "British Profession and Public," however, had been instructed by Dr. Troup and others, as we have shown, before Dr. Beehag's name appeared in the matter at all.—ED. H.]

EARLY CHILD-BEARING.

SIR,—In HEALTH, No. 275, cases of early child-bearing are mentioned. With your permission I will intrude upon your time, and will add to your statement two births that occurred in my early days when a medical student at King's College. Both happened in the year 1840, at Newington, on the Surrey side of the Thames. One was that of a Jewess, "Twelve years and five months of age." She gave birth to a full-grown, fine child, and on the 8th day I was invited to breakfast to meet the priest, and be present at the circumcision of the child—which operation was done by the priest. It is, I believe, a very unusual circumstance for a Christian to be present at such a ceremony.

The other case was that of an English girl of twelve years and seven months old. She gave birth to a fine, full-grown female child. Both cases did well, and the secretion of milk was full and excellent. In the same year I had another case; but in this instance the age was "Thirteen years and one month." I had been in practice in Essex, and held the post of Medical Officer to the 4th District—Halstead Union (*vide* Directory, 1855-6). I left Essex at the end of January, 1857, after a residence of six years, and entered the service of the Peninsular and Oriental Steam Navigation Company, and proceeded to India. I regret now, when it is too late, not having placed on record many interesting

cases. After nineteen years' service in the P.O., I resigned in 1876, on account of an hereditary ailment. Apologising for taking up your valuable space, I am, Yours, &c.,

FRANCIS MEHEUX, M.R.C.S.

Alpha House, Bevois Hill, Southampton.

QUERIES AND ANSWERS.

REPLIES: GENERAL, SANITARY, AND MEDICAL.

[Readers of HEALTH will kindly note that when back numbers of the journal are desired, the letters containing such requests and stamps for the numbers should be addressed to the PUBLISHER of HEALTH, 2, Paternoster-square, London, E.C., and not to the Editor.]

A RUNNER.—Get into the habit of sitting and sleeping with your feet elevated slightly (on a rest by day and on a pillow in bed) so as to favour the return of the blood upwards in the veins. Then look rigidly to your digestion, and avoid constipation especially by the use of Dahl's Cakes, according to the diet hints given to "F. G. B." in last week's issue. You must also wear a properly fitted elastic stocking. Apply to Messrs. Lindsey & Co., 32, Ludgate-hill, London E.C.

OMEGA.—1. About half a bottle of soda water to the pint of milk should suffice. Not suitable for puddings. 2. Barley water has no such effect as you name. 3. The beef-tea formula is a good one, but we prefer Dr. Pavy's.

AIKEN.—You evidently mean "Aachen" which is the other name for Aix-la-Chapelle in Rhenish Prussia. The waters and baths there are certainly famed for the treatment of the disease you name. The town lies forty-three miles W.S.W. from Cologne. The season begins in June and ends in September. Residence is, we believe, somewhat expensive in the season. Your best plan would be to take the advice of a London physician acquainted with the place and treatment, before proceeding there. We can send you address of such, if you desire it, on receipt of a stamped addressed envelope.

WORKING MAN'S FRIEND.—Apply to Messrs. Burroughs, Wellcome & Co., Snow-hill-buildings, E.C., who are the makers of the tabloids you name. Any good druggist should keep them or will get them for you. No drug of that or any other kind, however, is to be taken constantly, and you should bear that fact in mind.

BATH.—Try the effect of frequent hot baths. If the pimples arise from filled up skin-ducts, press them out, and sponge the

NERVOUS EXHAUSTION.

PULVERMACHER'S World-Famed GALVANIC BELTS for the Cure of NERVOUS EXHAUSTION and DEBILITY, have received testimonials from three Physicians to Her Majesty the Queen, and over Forty Members of the Royal College of Physicians of London.

The distressing symptoms of NERVOUS EXHAUSTION and DEBILITY are speedily removed by means of **PULVERMACHER'S** world-famed Galvanic Belts, which are so arranged as to convey a powerful electric current direct to the affected parts, gradually stimulating and strengthening all the nerves and muscles, and speedily arresting all symptoms of waste and decay.

Dr. VINES, Fellow of the Royal College of Physicians, writes 19th September, 1888: "Having used MR. PULVERMACHER'S BELTS for many years, in the course of medical practice, I am in a position to speak of their great value as a curative agent in cases of nervous disease or functional malady where Electricity is likely to be serviceable. I am entirely convinced of their efficacy."

Dr. C. HANDFIELD JONES, F.R.C.P., F.R.S., Physician to St. Mary's Hospital, says: "I am satisfied that MR. PULVERMACHER is an honest and earnest labourer in the field of science, and I think he deserves to meet with every encouragement from the profession and scientific men."

Dr. GOLDING BIRD, M.D., Physician, Guy's Hospital, says: "I can hardly recommend MR. PULVERMACHER'S INVENTION too strongly to the notice of my medical brethren."

For full Price List and particulars, see New Pamphlet, "GALVANISM: Nature's Chief Restorer of Impaired Vital Energy." Post Free from

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194, Regent-street, LONDON, W.

skin thereafter with Bayley's Eau de Cologne or his toilet vinegar. If not bettered, write again.

G. RISDON.—We prefer the plan of raising the bottom sash of the window on a block of wood, so that the bottom frame rests on the block, and its top is elevated above the bottom of the upper sash. Air comes in between the two sashes, and, if the damper of the chimney is left open, the room will be ventilated.

A. DISNEY.—Touch the spots with a crystal of sulphate of copper, and wash out the mouth twice or thrice daily with a little chlorate of potash dissolved in water. You may probably be benefited by taking at intervals (for a week or so at a time) the following mixture:—Iodide of potash, a drachm and a half; infusion of calumba, six ounces. Label—"A dessertspoonful thrice daily."

ALICK.—What you complain of is really a sign of health, and further that it is to self-control and not so much to drugs you must look for aid. Try fifteen grains bromide of potash, taken occasionally, in a wineglass of water.

NEMO.—Try a vegetable dietary—stewed fruits, apples or oranges, &c., and wholesome bread, with Grant's Oat Flour for supper and breakfast; avoid tea and coffee; take Cascara Cordial, twenty drops in water (or a Tabloid), between meals, once or twice daily. Sponge with cold water each morning; sleep on a hard mattress; take plenty of open-air exercise, and avoid fluids and suppers late at night.

G. G.—Try the effect of simply applying to the parts a lotion composed of bicarbonate of soda, one drachm; and glycerine an ounce and a half. Wash frequently with Bayley's Spermaceti Soap and tepid water.

ATRA.—Try the following: Carbonate of bismuth, ten grains; wood charcoal, ten grains; bicarbonate of soda, five grains. Mix. One such powder to be taken thrice daily, half an hour before meals, when you are troubled with acidity.

B. SAUNDERS.—Use the following lotion, to be applied with a piece of lint, and allowed to dry on the parts: Powdered calamine (Ver), two drachms; powdered zinc oxide, one drachm; glycerine, one drachm; camphor water, to make up six ounces. Label, "For external use only."

CECY.—Ten or fifteen drops of Collis Browne's chlorodyne constitute the simplest remedy in such a case. Give the medicine in a little water.

FOSTER.—In such a case, try the effect of tar pills. Tar, two grains; lycopodium, one grain. Make a pill. One such pill to be taken twice daily.

MAINSAYE.—Try Himrod's cure for asthma, to be had from every druggist. Burn a little and inhale the fumes. In your case, we should feel inclined to try a teaspoonful of Syrup of the Hypophosphites twice daily, in water, an hour before your meals.

GEOFF.—The only true remedy is that of having the hairs removed by electrical treatment. We can send you address of a specialist in skin-diseases who can effect a cure in this way. All depilatories only remove the hairs for a time, but do not remove their roots.

F. B. E.—Take the following: Sulphide of calcium, twenty-four grains; sugar of milk, half an ounce. Mix. Label: "Five grains to be taken every four hours in a little milk or water." This is usually an effectual remedy for boils.

APPARENS.—Dahl's Cakes (advertised in our pages) and Cascara Cordial—dose of latter twenty drops in water once daily. A teaspoonful of glycerine used as an enema is also a capital and safe remedy.

BET.—Why not try the Saccharin tabloids made by Messrs. Burroughs, Wellcome & Co., Snow-hill, London, E.C.?

A. MACK.—Use Woolley's Sanitary Rose Powder. Wash the parts night and morning with soft water, and look to the under-clothing.

FAKIR.—Try a vegetable dietary—stewed fruits, apples, or oranges, &c., and whole-meal bread, with Scott's Midlothian Oat Flour for supper and breakfast; avoid tea and coffee; take Dahl's Cakes daily, morning and night.

SMID.—We should think any good ironmonger will supply you with such a mill. An apparatus of the kind, we believe, is sold by the Dr. Nichols' Food Company, Oxford-street, London, W. The *Dietetic Reformer*, or organ of the "Vegetarian Society," may contain advertisements of such apparatus.

GROSVENOR.—1. Instead of pills, try Dahl's Dyspepsia Cakes (advertised in our pages), and if these alone do not suffice to cure you, take, in addition, a Tabloid of Cascara at bedtime. The Cakes alone may very likely cure you. 2. Rest after your meals rigidly. 3. Try gymnastic exercises, or wear shoulder-straps to keep the shoulders back. These are sold by most drapers and clothiers.

NERVOUS DYSPEPTIC.—In such a case as yours revise your food habits, and try the plan of taking five drops Pure Terebene (Burroughs, Wellcome & Co.'s) after your meals on a piece of sugar. You must avoid excess of vegetables, and attend strictly to the health-rule of resting after your meals. The powder recommended to "Yak" in HEALTH No. 275 might do you good.

A MYSTERIOUS AFFLICTION.



In the autumn of 1885, Mr. Thomas S. Atkinson, of 95, Harcourt-street, Dublin, was seized with a mysterious ailment, which made life a burden. Shooting pains in the chest, singing in the head, and rushes of blood from one side of the head to the other, were some of the symptoms of his complaint. He says: "The doctor prescribed for and advised me; I took his prescription and followed his advice, but got no better. The spasmodic attacks at nights were very severe; and, thinking it very likely that I would die in one of them, I went into the Meath hospital the first week in March; but their treatment failed utterly to relieve me, and in April I was dismissed from hospital as incurable. All this time I was suffering from what I now know was kidney disease, but which in the hospital was not thought worth inquiring into. At this time I was in a very bad state, having lost three stone; my legs felt cold, my feet swelled, great bladders formed under the eyes, and night and day I had to pass water every half-hour, and was consumed with an extraordinary thirst. It was at this time I saw an advertisement of 'Warner's SAFE Cure,' and, on reading it carefully, I came to the conclusion that it described exactly the way I was affected. In November I commenced the 'SAFE Cure,' and I felt better after the first bottle, and after the second began to pull up flesh at the rate of two pounds each week; and now, after taking some thirty odd bottles of the 'SAFE Cure,' I am quite well. I can sleep all night as soundly as I could fifty years ago. I have entirely lost the spasmodic attacks. I am now as healthy-looking and active as any man of my age in the kingdom; and, contrary to the advice of every medical man I consulted, I have not taken one drop of stimulant since I commenced taking 'Warner's SAFE Cure' last November."

For the rest, read the pamphlet "A Lecture to Young Men" (post free for 1s. 1d. from Mr. Renshaw, 356, Strand, London, W.C.) and note what is said therein about the symptoms you name. Write again, if not bettered by above advice.

RAILWAY.—See and follow advice given to "Nervous Dyspeptic" above. Let your diet be simple, and take Scott's Midlothian Oat Flour regularly, in place of tea and coffee.

L. P. G. J.—In such a case you might do good by giving after food fifteen drops Fer Bravais in water regularly. See that the clothing is warm: the Cellular Clothing Co.'s articles are well adapted for such a case. You do not give full particulars of the health and state of the bodily functions. All the symptoms named are apt to arise from some irregularity of the latter. The diet should include plenty of fatty foods, or a dessertspoonful of Scott's Pure Cod Oil Emulsion might be given after food as a nutrient and tonic likely to do good. Write again with fuller details.

DEVIL'S CHAIN.—A teaspoonful dose is quite sufficient. The larger dose would do no harm, but the effects are quite practicable from the teaspoonful.

HORLOGER.—Try the effect of taking the tonic recommended to "G. F. O." in last week's number. If this does not cure you, send stamped addressed envelope.

E. BENNETT.—There is no such power known to science. You are simply the victim of an over-imaginative mind and brain; and if any one has been endeavouring to impress you with the idea that they can "magnetise" or otherwise influence you at a distance, you are simply a self-deceived and susceptible person. If you have ordinary strength of mind you will simply abolish all such ideas—which are akin to those of "mesmerism"—and defy any such "influences" as you speak of to affect you. Ask yourself, rationally, how it is possible for people miles off to influence you by "electricity"? If people succeed in impressing you with this idea, it does not prove their statement to be true; it simply proves your own credulity and weakness of mind. Read the series of articles published in HEALTH on "Sleep, Dreams, and Mesmerism." These can be had from the publisher.

JAMES THOMSON.—Such a case is one for the care and attention of a competent physician. There are symptoms present which indicate the need for the personal attention of a medical man, and you should lose no time in calling in a reliable doctor.

HOPELESS (Greatham).—Bayley's address is 17, Cockspur-street, Pall Mall, London, S.W. Send for one of their price lists, and use the soap regularly.

L. McL.—Read the pamphlet, "A Lecture to Young Men" (post free for 1s. 1d. from Mr. Renshaw, 356, Strand, London, W.C.), and note the advice it contains regarding the use of diet and tonics.

B. GILROY.—Try the Cellular Clothing (advertised in our pages), and wear the thin varieties during the hot weather. There are warmer kinds made for winter wear.

SISKIN.—1. Drink Pitkeathly Water regularly, and adopt a vegetable dietary. 2. Dahl's Cakes.

LOYS.—Try washing the hands with Bayley's Soap and tepid water, and use thereafter a dusting-powder composed of powdered oxide of zinc, one ounce; powdered camphor, one drachm; and starch, two ounces. Mix. Label: "The Dusting Powder, for external use only." Woolley's Sanitary Rose Powder should be used alternately with the dusting powder.

A. BRISTOWE.—We advise you to try half a Dahl's Cake (advertised in our pages) taken morning and night in your tea or coffee. Try this, and limit your tea and coffee as much as possible. Substitute Scott's Midlothian Oat Flour for tea at night, and, once daily, take one or two Tablets of Cascara, made by Messrs. Burroughs, Wellcome & Co., and to be had of any druggist. Avoid much animal food, and take plenty of vegetables and stewed fruits.

Horsford's ACID PHOSPHATE.

A liquid preparation of the phosphates, recommended by physicians for **Dyspepsia, Mental and Physical Exhaustion, Nervousness, Weakened Energy, Indigestion, As a Drink in Fevers, &c.**

It makes a Delicious Drink. Invigorating and Strengthening. For sale by all chemists.

Pamphlet sent post-paid on application to
**RUMFORD CHEMICAL WORKS,
PROVIDENCE, R.I., U.S.A.**

M. E. P.—For the falling hair, use the following lotion:—Solution of ammonia, half an ounce; tincture of cantharides, half an ounce; eau de Cologne, one ounce; water, to eight ounces. Mix. Rub into the roots morning and night with a soft sponge or piece of lint.

BAX.—Wash the affected parts with Bayley's Spermaceti Soap only till you are well, and apply the following paste night and morning:—Resorcin, one drachm; lanoline, vaseline, zinc oxide, and powdered starch, of each, two drachms. Mix, to form a paste.

OPORTO.—There could be no harm in trying Hazeline for the purpose you name. Use it as a lotion (one part, say, to three parts of tepid water). What you complain of may, however, be natural to you, and may not be affected by any outward applications.

A. A.—Take hot baths at bedtime occasionally, or bathe your feet in hot water to which mustard is added. Your hard work more than accounts for your state of health, and you must endeavour to get rest, otherwise your health may completely give way. Give up tea and coffee, and try Van Houten's Cocoa instead.

GEORGE REID.—Allow one of Burroughs, Wellcome & Co.'s chlorate of potash tablets with cocaine to dissolve in your mouth occasionally, and before speaking especially. This is a simple and effective remedy.

TO MAKE A RICH PLUM CAKE.—

Take half a pound of butter and half a pound of white sifted sugar, beat these with the hand well together to a cream, add four eggs, one at a time, and well beat each one with the butter and sugar; lightly mix in one pound of flour previously mixed with one teaspoonful of Borwick's Gold Medal Baking Powder; then lightly mix with the whole half a pound of sultanas; bake at once very thoroughly.

General Nursing Institute, 5 & 4, HENRIETTA-STREET,

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Established 1862. Solely under Medical Direction.

HOSPITAL TRAINED NURSES for every description of disease—MEDICAL, SURGICAL, MENTAL, and MIDWIFERY—can be obtained at this Institute on application to the Secretary or Lady Superintendent at a moment's notice, being resident in the Home.

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Persons of Weak Digestion.

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"Unequalled"

OAT-FLOUR.

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SCOTT'S MIDLOTHIAN OAT-FLOUR.—There is no preparation which can be assimilated with greater facility than such a flour as this. Those who suffer from indigestion might substitute for their ordinary breakfast materials this flour, prepared according to the recipe given by Messrs. Scott, and printed on the tins.—**ED. HEALTH.**

Established over Sixty
Years.

PULLARS' DYE-WORKS, PERTH.

By Appointment to Her
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Goods can be conveniently sent direct through any
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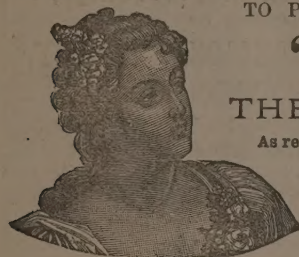
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Sail during the Season for Kyles of Bute, Ardrishaig, Islay, Oban, Fort William, Inverness, Staffa, Iona, Glencoe, Loch Awe, Tobermory, Portree, Gairloch (Loch Maree), Ullapool, Loch Inver, Stornoway, Thurso, &c., affording Tourists an opportunity of visiting the magnificent scenery of Glencoe, the Ochullin Hills, Loch Coruisk, Loch Maree, and the famed Islands of Staffa and Iona. Official Guide Book, 3d. Illustrated 6d., cloth gilt 1s. Time Bill, with Map and Tourists' Fares, free by post from the Owner, DAVID MACBRAYNE, 119, Hope-street, Glasgow.

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FOR

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OF ALL CHEMISTS.

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Although all rights are secured by Royal Patents, this great success has led to unscrupulous copying, in some cases not only of the advertisements and labels, but the style of the packets, these counterfeit packets covering dangerous and disappointing imitations of the genuine Towels.

The importance of getting the real Patented article cannot be too strongly impressed upon ladies; and as a protection against these useless and fraudulent imitations, every genuine packet of Southall's Towels now bears the signature of the Patentees and Sole Manufacturers, Southall Brothers & Barclay, to copy which is forgery.

Ladies are earnestly requested, in ordering, to specify "Southall's Sanitary Towels."

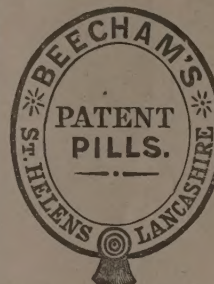
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Tin Stock Boxes for ladies, 9d., 10d., and 1s. each, to hold Southall's Sanitary Towels, obtainable from Ladies' Underclothing Houses. Post Free from the Manufacturers, at 1s., 1s. 2d., and 1s. 5d.; or with a dozen Towels in each, 2s., 3s. 2d., and 4s. 3d.

Sample Packet of One Dozen Towels, with Descriptive Circular, containing testimonials from Medical Men, Professional Nurses, &c., by Parcels Post, for 1s. 3d. or 2s. 3d.; Six Packets, 6s. 6d. and 12s. 6d.; from the Patentees and Sole Manufacturers, SOUTHALL BROTHERS & BARCLAY, BIRMINGHAM. Wholesale Agents: SHARP, PERRIN & CO., 31, Old Change; and STAPLEY & SMITH, London Wall, London.

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ARE universally admitted to be worth a Guinea a Box for Bilious and Nervous Disorders, such as Wind and Pain in the Stomach, Sick Headache, Giddiness, Fullness and Swelling after Meals, Dizziness and Drowsiness, Cold Chills, Flushings of Heat, Loss of Appetite, Shortness of Breath, Costiveness, Scurvy and Blistches on the Skin, Disturbed Sleep, Frightful Dreams, and all

Nervous and Trembling Sensations, &c. The first dose will give relief in twenty minutes.

Every sufferer is earnestly invited to try one box of these Pills and they will be acknowledged to be

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THE principle involved in this material for both outer and under clothing is that it is cellular in structure, so that advantage is taken of the non-conducting power of the AIR (one of the best non-conducting substances known) to make it a covering for the body equally fitted for the COLD OF WINTER and the WARMTH OF SUMMER.

Vests, Pants, Pyjamas, Tennis Shirts, &c., made from Cellular Cloth are very HEALTHY, COMFORTABLE, DURABLE, and have the great advantage of being EXCEEDINGLY CHEAP, and of washing WITHOUT SHRINKING.

TOURISTS will find Cellular Clothing INVALUABLE, as it effectually PREVENTS CHILLS and is a POSITIVE SAFEGUARD against the variations of our uncertain climate.

OPINIONS OF THE PRESS (EXTRACTS).

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The idea embodied in this variety of cotton fabric for body clothing is, as the name implies, that of providing ready means of escape for perspiration as vapour, whilst affording facilities for securing next the skin the presence of a good non-conductor of heat in the shape of warm air, and thus avoiding the access of chill. And these objects appear to be well attained by the material submitted to our notice.

MEDICAL PRESS, June 13th, 1888.

The advantages of this form of structure are numerous. Articles so manufactured are light, elastic, and durable, and the air contained in its meshes, of cotton, or cotton and silk, on account of the material being a bad conductor of heat, preserves the body from vicissitudes of temperature. Perspiration passes

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HEALTH, June 22nd, 1888.

One of the best tests of the value of Cellular Cloth, for the preservation of health against chill, is to be found in the fact that, as we ourselves have experienced, a cycling shirt of this material after a long run on the tricycle, instead of being saturated with perspiration, remains comfortably dry. This proof of the value of this clothing is in itself a powerful testimony to its service for all classes of the community. The Cellular Cloth washes readily, and does not shrink. As regards the comfortable nature of its wear, we can pronounce it to be absolutely non-irritating to the skin. If passed over the skin of the face this material is found to be delicate and soft, and its wearing properties are of a high order, inasmuch as it is not readily torn or injured.

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